Frequent Mental Distress (Adults)

Frequent Mental Distress (Adults)
•Most recent data (2013): 11% or about 167,000 King County adults age 18+.
•Trend over time: 2000-13: flat
•Description: Had 14 or more days with poor mental health in the past 30 days

Frequent mental distress (adults), King County, 2009-2013 average

	Percent	Lower CI	Upper CI
King County (adults age 18+)	10	9	11
AGE			
18-24	13	10	16
25-44	11	10	12
45-64	10	9	11
65+	5	4	6
GENDER			
Male	9	8	10
Female	12	10	13
RACE/ETHNICITY			
AIAN	9 §	5 §	16 §
Asian	7	5	10
Black	14	10	19
Hispanic	13	10	17
Multiple	13	9	19
NHPI	7 §	2 §	21 §
White	10	9	11
HOUSEHOLD INCOME			
<$15,000	24	20	29
$15,000 to $24,999	16	13	19
$25,000 to $34,999	11	8	15
$35,000 to $49,999	10	7	13
$50,000 to $74,999	8	7	10
$75,000+	6	5	7
REGION			
East	7	6	9
North	12	9	16
Seattle	10	9	12
South	12	10	13

Comparisons:
Higher than King County rate (yellow)
Lower than King County rate (green)

Notes:
Source: Behavioral Risk Factor Surveillance System.
Prepared by Public Health - Seattle & King County, APDE, 12/2014.
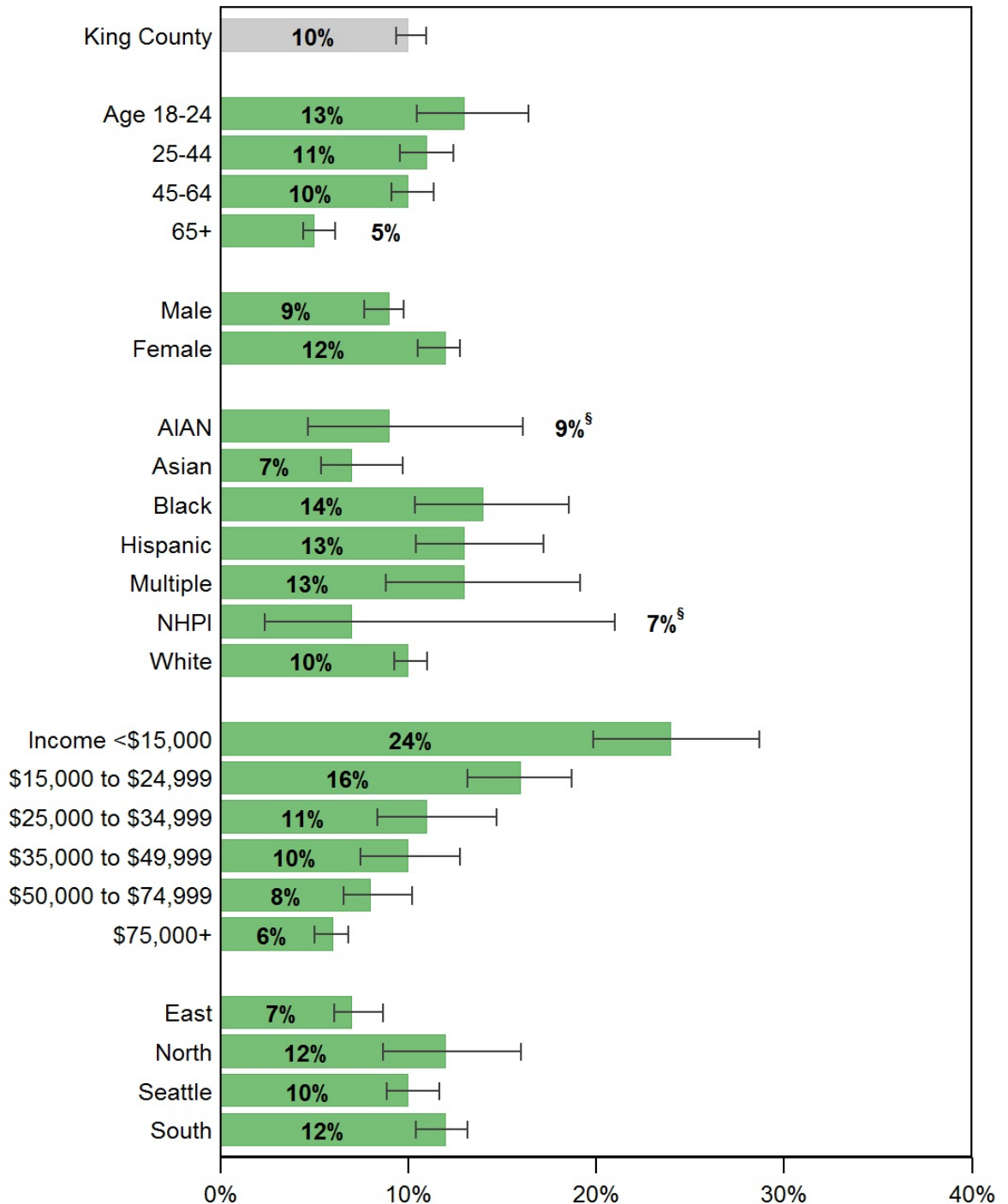CI is 95% Confidence Interval.
* Too few cases to protect confidentiality and/or report reliable rates.
§ Too few cases to meet precision standard, interpret with caution.
Persons of Hispanic ethnicity can be of any race and are included in the racial categories.

Frequent mental distress (adults)
King County, 2009-2013 average

Category	Percent
King County	10%
Age 18-24	13%
25-44	11%
45-64	10%
65+	5%
Male	9%
Female	12%
AIAN	9% [§]
Asian	7%
Black	14%
Hispanic	13%
Multiple	13%
NHPI	7% [§]
White	10%
Income <$15,000	24%
$15,000 to $24,999	16%
$25,000 to $34,999	11%
$35,000 to $49,999	10%
$50,000 to $74,999	8%
$75,000+	6%
East	7%
North	12%
Seattle	10%
South	12%

Source: Behavioral Risk Factor Surveillance System.
Prepared by Public Health - Seattle & King County, APDE, 12/2014.
|------| Confidence interval shows range that includes true value 95% of the time.
* Too few cases to protect confidentiality and/or report reliable rates.
§ Too few cases to meet precision standard, interpret with caution.
Persons of Hispanic ethnicity can be of any race and are included in the racial categories.

Frequent mental distress (adults) by comparison areas

There is no Healthy People 2020 Objective for frequent mental distress (adults).

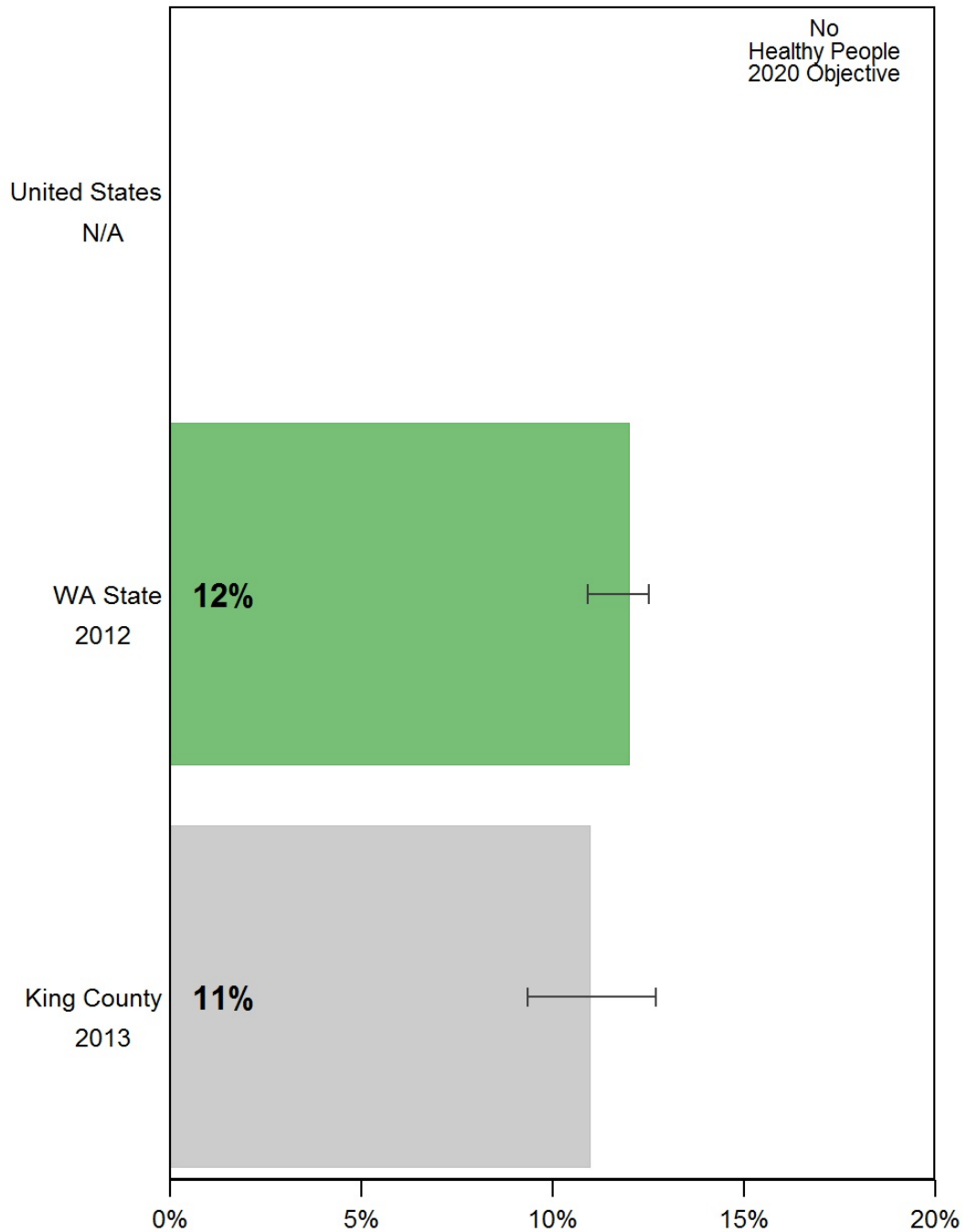|	Latest Available Year	Percent	Lower CI	Upper CI
United States	N/A	N/A	N/A	N/A
WA State	2012	12	11	13
King County	2013	11	9	13

Notes:

Source: Behavioral Risk Factor Surveillance System.

Prepared by Public Health - Seattle & King County, APDE, 12/2014.

N/A: Not available.

CI is 95% Confidence Interval.

Frequent mental distress (adults)
by comparison areas

No
Healthy People
2020 Objective

United States
N/A

WA State
2012
12%

King County
2013
11%

0%   5%   10%   15%   20%

Frequent mental distress (adults) by health reporting areas, King County, 2009-2013 average

	Percent	Lower CI	Upper CI
King County (adults age 18+)	10	9	11
Auburn	13	9	19
..Auburn-North	10	6	17
..Auburn-South	17	9	28
Bear Creek/Carnation/Duvall	8	5	12
Bellevue	7	5	9
..Bellevue-Central	7 §	4 §	12 §
..Bellevue-NE	10	6	17
..Bellevue-South	5 §	3 §	9 §
..Bellevue-West	4 §	2 §	8 §
Black Diamond/Enumclaw/SE County	10	7	16
Bothell/Woodinville	9 §	5 §	17 §
Burien	15	10	22
Covington/Maple Valley	8	5	12
Des Moines/Normandy Park	11	7	18
East Federal Way	12	6	21
Fairwood	11 §	5 §	21 §
Federal Way	13	9	19
..Fed Way-Central/Military Rd	16	11	24
..Fed Way-Dash Point/Woodmont	8 §	4 §	16 §
Issaquah	11 §	5 §	23 §
Kenmore/LFP	13	8	22
Kent	15	11	19
..Kent-East	16	9	28
..Kent-SE	15	11	21
..Kent-West	13 §	7 §	24 §
Kirkland	6	4	9
..Kirkland	7	4	11
..Kirkland North	6	3	9
Mercer Isle/Pt Cities	9	5	15
Newcastle/Four Creeks	6 §	3 §	12 §
North Highline	12 §	6 §	24 §
Redmond	8 §	4 §	15 §
Renton	11	8	16
..Renton-East	6 §	3 §	11 §
..Renton-North	15	8	25
..Renton-South	13	8	20
Sammamish	8	4	13
SeaTac/Tukwila	9	5	15
Seattle	10	9	12
..Ballard	9	5	16
..Beacon/Gtown/S.Park	17	9	28
..Capitol Hill/E.lake	11	7	17
..Central Seattle	8	5	13
..Delridge	12	7	18
..Downtown	14	9	22
..Fremont/Greenlake	11	7	17
..NE Seattle	10	6	15
..North Seattle	10	6	15
..NW Seattle	7	4	12
..QA/Magnolia	10	6	15
..SE Seattle	12	7	18
..West Seattle	8	5	13
Shoreline	10	6	15
Snoqualmie/North Bend/Skykomish	7	4	11
Vashon Island	6 §	2 §	14 §

Comparisons:

Higher than King County rate (yellow)

Lower than King County rate (green)

Notes:

Source: Behavioral Risk Factor Surveillance System.

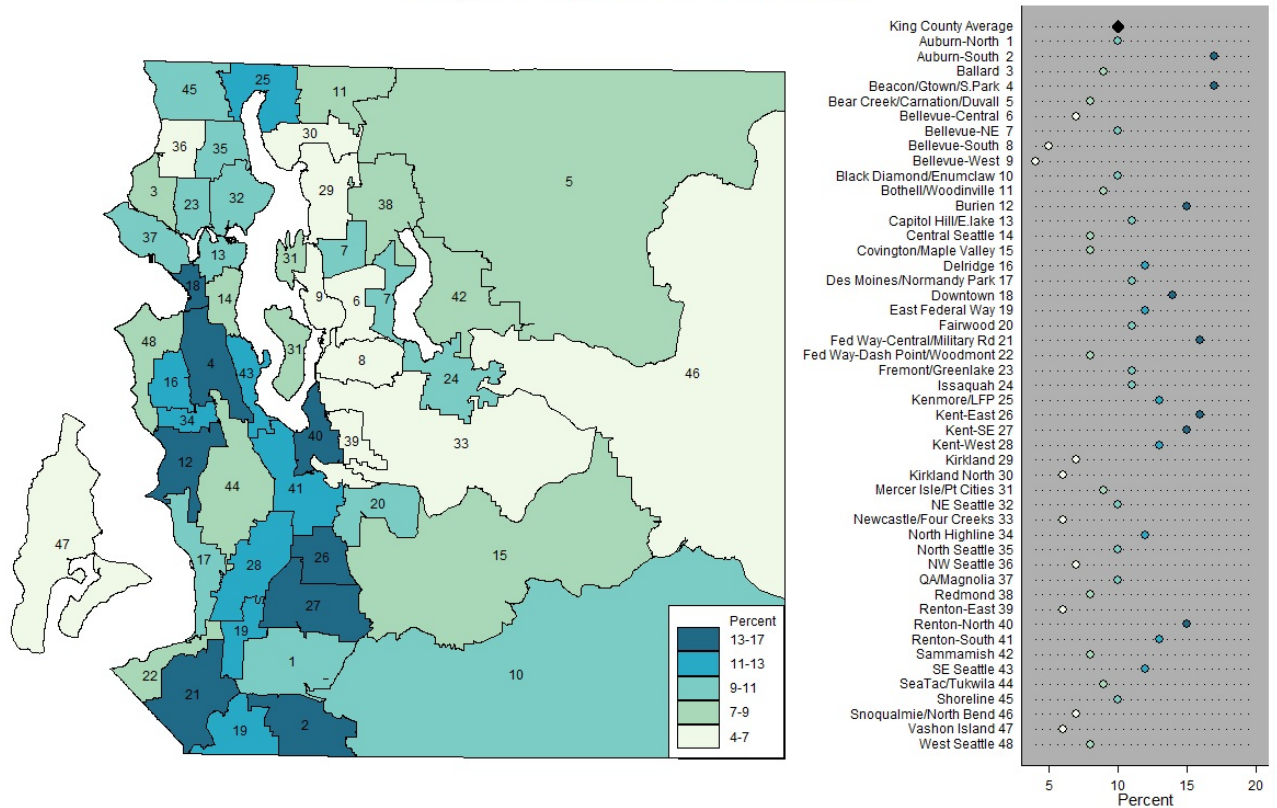Prepared by Public Health - Seattle & King County, APDE, 12/2014.

CI is 95% Confidence Interval.

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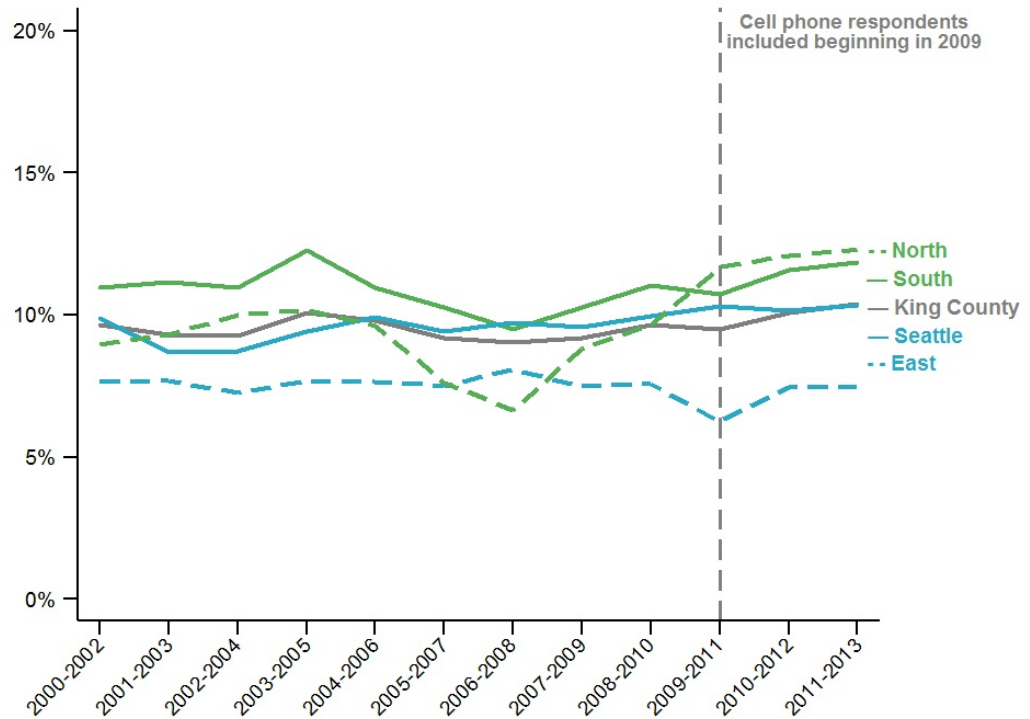§ Too few cases to meet precision standard, interpret with caution.

Persons of Hispanic ethnicity can be of any race and are included in the racial categories.

Frequent mental distress (adults) by health reporting areas
King County, 2009-2013 average

King County Average
Auburn-North 1
Auburn-South 2
Ballard 3
Beacon/Gtown/S.Park 4
Bear Creek/Carnation/Duvall 5
Bellevue-Central 6
Bellevue-NE 7
Bellevue-South 8
Bellevue-West 9
Black Diamond/Enumclaw 10
Bothell/Woodinville 11
Burien 12
Capitol Hill/E.lake 13
Central Seattle 14
Covington/Maple Valley 15
Delridge 16
Des Moines/Normandy Park 17
Downtown 18
East Federal Way 19
Fairwood 20
Fed Way-Central/Military Rd 21
Fed Way-Dash Point/Woodmont 22
Fremont/Greenlake 23
Issaquah 24
Kenmore/LFP 25
Kent-East 26
Kent-SE 27
Kent-West 28
Kirkland 29
Kirkland North 30
Mercer Isle/Pt Cities 31
NE Seattle 32
Newcastle/Four Creeks 33
North Highline 34
North Seattle 35
NW Seattle 36
QA/Magnolia 37
Redmond 38
Renton-East 39
Renton-North 40
Renton-South 41
Sammamish 42
SE Seattle 43
SeaTac/Tukwila 44
Shoreline 45
Snoqualmie/North Bend 46
Vashon Island 47
West Seattle 48

Percent

Percent

13-17
11-13
9-11
7-9
4-7

Note: HRA labels on the map match the chart on the right, listed in alphabetical order
Source: Behavioral Risk Factor Surveillance System.
Prepared by Public Health - Seattle & King County, APDE, 12/2014.

Frequent mental distress (adults)
King County, 2000-2013, three-year rolling averages

Cell phone respondents included beginning in 2009

- **North**
- **South**
- **King County**
- **Seattle**
- **East**

Source: Behavioral Risk Factor Surveillance System.
Prepared by Public Health - Seattle & King County, APDE, 12/2014.

King County
Hospitals
for a Healthier
Community